

GTLC & SWTLC

presents

# BOXING

BOXING  
TECHNIQUES

FOOT  
MOVEMENT

HAND & EYE  
COORDINATION



COMBO  
PUNCHES

OLYMPIC STYLE  
BOXING

STRENGTH &  
CONDITIONING

# & CONDITIONING

GTLC - Mondays & Wednesdays 4:00pm - 6:00pm

SWTLC- Tuesdays & Thursdays 4:00pm - 6:00pm

Ages 13 - 19

Dress to Sweat!

Southwest Teen Life Center  
2801 SW Thistle ST. Seattle WA 98126

206-684-7438

For more information ask for Stephanie Berry

Garfield Teen Life Center  
428 23rd AVE. Seattle WA. 98122  
206-684-4550

For more information ask for Kevin Roberson!

Session 1  
Last class  
July 30, 2014

\*\*\* E-13 Form is required to participate \*\*\*

